

Cabbage and Sweetpotatoes are two of the best Fall crops in North Carolina. I love cooking with both of these during this season because they are so hardy but still colorful. Luckily, we grow sweetpotatoes here year round so you can enjoy them anytime. Did you know North Carolina grows more sweetpotatoes than any other state? We supply the US with 40% of the sweetpotato crop each year. Now that's something to brag about!

We also grow a lot of cabbage in North Carolina. But I love the fact that we grow so many different varieties: Red, Green, Savoy, Napa or Chinese. Next time you are cooking anything with cabbage, even boiling it, try a different variety.

Here are some delicious and wonderful recipes using fresh NC sweetpotatoes and cabbage that I hope will inspire you when you are cooking those warm meals on a cool crisp night. And always remember, for the freshest ingredients when you're cooking, It's Got to Be NC Agriculture.

### **Boiled Cabbage**

1 large head of NC Cabbage (green, Savoy or Napa)

Seasoning (2 Tablespoons of beef bouillon, 2 slices of un-cooked bacon, fatback or any kind of seasoning meat you prefer)

Chop your cabbage into large pieces. Fill a large pot with water and add your choice of seasoning. Once the pot is boiling, add your cabbage slowly pushing it down into the water. Let the cabbage simmer for 15-20 minutes until it is a bright green color. Drain and season with salt and pepper.

PERSONAL Note: I have enjoyed boiled cabbage many ways and right now I love it with the beef bouillon. I also recommend serving it with vinegar and/or chow chow.

### **Cabbage Casserole**

4 cups shredded cabbage

1 can cream of celery soup

1-cup milk

½ cup mayonnaise

1-cup breadcrumbs or Pepperidge farm dressing mix

½ to 1 stick butter or margarine melted

Chill the shredded cabbage in a 9 x 13 inch baking dish covered. Mix together the soup, milk and mayonnaise. Heat mixture until warm – do not boil. Pour the warm mixture over the cabbage. Mix together the breadcrumbs and melted butter. Sprinkle the breadcrumbs over the cabbage. Bake at 350 degrees uncovered for 35 minutes or until bubbly.

PERSONAL Notes: This is a great side dish and an even better way to get the kids to eat cabbage. My son loves this recipe. I've taken this to several events and always get asked for the recipe. It is quick, easy and delicious!

## **Foster's Market Roasted Sweetpotato Salsa**

2 medium sweetpotatoes, peeled/chopped into 1/2-inch pieces  
1/4-cup olive oil  
1-tablespoon balsamic or red wine vinegar  
1-teaspoon chili powder  
1/2-teaspoon ground cumin  
1 tomato, cored and chopped  
1 red bell pepper, cored, seeded and chopped into 1/4-inch dice (about one cup)  
2 jalapeños, seeded and diced  
2 scallions, minced (green and white part)  
2 tablespoons fresh chopped cilantro  
Juice and zest of 1 large lime (about 2 tablespoons)  
Salt and freshly ground pepper to taste

Preheat oven to 400°F.

In a medium bowl, toss the sweetpotatoes (and tomato cut in half if roasting\*) with the olive oil, vinegar, chili powder and cumin and spread in one layer on a large, rimmed baking pan. Place in the oven and roast for 30 to 35 minutes, stirring a couple of times, until the potatoes are golden brown and soft. Remove from the oven and set aside to cool.

In a medium bowl, place the tomato, red pepper, jalapeno, scallions, cilantro and limejuice and zest with the sweetpotatoes; toss until combined. Season the sweetpotatoes with salt and pepper. Serve warm with eggs, tostadas, grilled steak or chicken.

**Makes 3 1/4 cups.**

**\*Tip:** If tomatoes are not in season, roast with the sweetpotatoes for a better flavor.

PERSONAL Note: This is a great Fall/Winter Salsa because it is very hardy and colorful. If you love sweetpotatoes, this is the salsa for you!

## **Magnolia Grill Spicy Roasted Sweetpotatoes With Oranges And Honey**

3 tablespoons unsalted butter  
3 tablespoons honey  
1/4 cup orange juice  
1/4-teaspoon cayenne pepper  
4 medium sweetpotatoes, peeled, halved crosswise and quartered lengthwise  
Salt and freshly ground pepper to taste

Preheat oven to 400°F.

In a small saucepan, melt the butter. Whisk in the honey, orange juice and cayenne pepper.

Place the sweetpotatoes in a lightly buttered 9x13-inch baking pan. Pour the honey mixture over the sweetpotatoes and toss well to coat them thoroughly. Arrange the sweetpotatoes in a single layer, season with salt and pepper.

Roast until the sweetpotatoes are browned and tender, and liquid is thick and bubbly, 45 to 55 minutes. To ensure even roasting, stir and baste the sweetpotatoes with the pan juices several times, especially toward the end of roasting time. Serve immediately.

**Makes 4 servings.**

PERSONAL Note: This is a delicious side dish and so easy. Before serving, drizzle sweetpotatoes with honey. You could also serve this with orange slices on the side.

## **North Carolina Sweetpotato Spoonbread**

This recipe is by Ben Barker, Magnolia Grill, in Durham, North Carolina. “Not afraid of flavor” is the motto for Chef Ben Barker and the Magnolia Grill. Chef Barker, a James Beard Award of Excellence winner, uses the freshest local ingredients to create masterful dishes. The Magnolia Grill, once a health food grocery, is known for its extensive, creative and flavorful American regional cuisine.

1 large sweetpotato  
2 1/2 cups milk  
2 cups half & half  
1-tablespoon salt  
3 teaspoons sugar  
1-cup cornmeal  
1/2-cup flour  
8 tablespoons butter, cut into pieces  
6 eggs, separated  
1/4-cup cream

Bake sweetpotato in center of 325°F oven until tender, about 1 hour. Peel and purée until smooth. Set aside.

Butter a 9 X 13 shallow baking dish. Heat milk, half & half, salt and sugar in a heavy saucepan over medium heat. When small bubbles appear around the edge, slowly whisk in cornmeal and flour, stirring constantly. Continue to stir as mixture cooks and thickens. When smooth and creamy, remove from heat and stir in butter until completely melted and combined.

In a medium bowl, beat yolks and cream together until lightened in color. Gradually add to cornmeal mixture. Add 3/4-cup sweetpotato puree. Add salt to taste, if desired. Recipe can be made ahead to this point.

Preheat oven to 350°F. Beat egg whites and fold into cornmeal mixture. Spread into prepared dish. Bake until puffy, golden brown and just set, about 30 to 35 minutes.

**Makes 12-14 servings**

PERSONAL Note: This dish comes out beautifully. After making it, here are a few adjustments I suggest if you would like the dish to be a little sweeter with a stronger sweetpotato flavor.

1 tsp. salt  
1 Tablespoon sugar  
2 Large sweetpotatoes

## North Carolina Old Fashioned Sliced Sweetpotato Pie

Pastry for a 9-inch double crust pie  
3 medium-size sweetpotatoes (about 2 1/4 lb. total)  
1/2 teaspoon salt  
1/2 cup granulated sugar  
1/3 cup firmly packed brown sugar  
2 tablespoons lemon juice  
2 tablespoons all-purpose flour  
1 tablespoon pumpkin pie spice  
1 tablespoon butter, cut into bits

Preheat oven to 425 degrees F. Line a 9-inch pie plate with 1 layer of pastry; set aside.

Wash, peel and cut sweetpotatoes into 1/4-inch slices. Combine 1 cup of water and the salt into a large saucepan. Add sweetpotato slices. Cover and bring to a boil over high heat. Reduce heat and simmer until sweetpotatoes are just barely tender when pierced, about 5 minutes. Drain slices, then rinse them with cold water until they are cool to touch. Drain slices well; transfer them to a large mixing bowl.

To sweetpotatoes, add sugars, lemon juice, flour and pumpkin pie spice. Toss gently with a spatula until slices are evenly coated. Spoon sweetpotatoes into pastry-lined pie plate; dot top of potatoes with butter. Place top pastry over filling and crimp top and bottom pastries together to make decorative edge. Cut 3 to 4 slits in the top to allow steam to escape.

Bake in 425 degrees F. oven until crust is browned and sweetpotatoes are tender when pierced, about 50 minutes. (If edges of crust start to brown too quickly, drape lightly with strips of foil. Cool pie on wire rack at least 1 hour. Serve warm or cool.

Makes 8 servings.

Nutrition per serving: 440 cal; 75 g carb; 5 g pro; 14 g fat (28% from fat); 4 mg chol; 5 g fiber; 460 mg sod; 25,674 IU vit A.

*PERSONAL Note: This delicious recipe is from Matt Johnson, an up-and-coming chef, studied at the School of Natural Cookery in Colorado where the emphasis is on vegetarian cooking. He returned to the South to be closer to his family and his love for Southern cooking.*

## **Oriental Pecan Slaw**

2 - 3 1/2oz. packages chicken flavored Ramen noodles  
1 8 1/2 oz. package broccoli slaw  
1 - 8 1/2 oz. package cabbage slaw  
1 cup pecans, coarsely chopped  
1 cup dry roasted sunflower seeds  
1 bunch green onions chopped  
1/2 cup sugar  
3/4 cup vegetable oil  
1/3 cup cider vinegar

Oriental slaw preparation: Remove flavor packets from ramen noodle soup mix. Crunch noodles in the bottom of a large bowl. Top with cabbage/broccoli slaw mixture. Sprinkle chopped pecans, sunflower seeds and chopped green onions over slaw. Whisk flavor packets, sugar, oil and vinegar together and pour over all. Mix, cover and chill for 24 hours. Mix again and serve.

PERSONAL Note: Gail Fuller of Raleigh took home first place honors with this recipe at the 2003 NC State Fair. It has been a family favorite ever since. This recipe makes plenty so it is great for tailgating, reunions or any celebration.